



Resource Guide

Amesbury Council on
Aging

Volume 1, Issue 2

August 2016

Local Contacts

Amesbury Senior Community Center

Phone: 978-388-8138 Fax: 978-388-8144

Mon-Fri 8a- 4p

www.amesburyma.gov

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N.E.E.T	Mary Jo Sullivan	x556
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Senator Nicholas J. Costello Transportation Center

68 Elm St., Amesbury, MA 01913

MVRTA	Merrimack Valley Regional Transit Authority	978-469-6878
Public Health Nurse	Cathy Vichill	978-388-8138 x547
Veterans Agent	Kevin Hunt	978 388 -8136
Youth Recreation	Kathy Crowley	978-388-8137

City Departments

Mayor Ken Gray	62 Friend St.	978-388-8121
Clerk	62 Friend St.	978-388-8100
DPW	39 South Hunt Rd.	978-388-8116
Fire : 911	9 School St.	978-388-1333
Library	149 Main St.	978-388-8148
Police : 911	19 School St.	978-388-1212

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Council On Aging Mission Statement

To advocate for older adults, to identify their needs, to meet their health, economic, social and cultural needs, to encourage maximum independence and to improve their quality of life.

We are FACEBOOK

Search Amesbury Seniors
Facebook
or
go to
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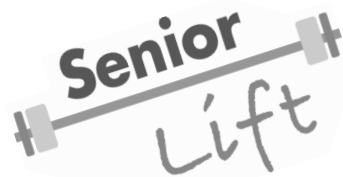


**Airing on Channel
12**

**Tues 4pm, Wed
9:30am**

**Thurs 7:30pm &
Saturday 9am**

Come and meet Annmary Connor, COA Director as she meets with special guests each month. Learn more about the services and resources available to you and your family.



**Airing on Channel
12**

**Sun 8am, Mon
3:30pm, Tues
11am,**

**Wed 10am, Fri
4pm & Sat 8am**

Join Doreen Brothers (Assistant Director and Certified Personal Trainer) and friends. To get started or continue on the path to wellness, join them at least 3 times per week.

FINANCIAL SUPPORT

SHINE : (Serving the Health Information Needs of Elders): Wed, 9:30am-12:30pm. This program assists elders with their health insurance needs. The SHINE Counselor assists Medicare beneficiaries of all ages including people under 60. Counselor Olyce Moore can help you

process health benefit claims & complete applications. Call the Senior Community Center to schedule an appointment.

RENT ASSISTANCE: If you are past due on your rent and you have exhausted all of your financial resources, contact Community Action at 978-388-2570

as you may be eligible for the Emergency Food & Shelter Program (EFSP).

PRESCRIPTION ASSISTANCE: If you need help paying for prescriptions please contact Doreen or Annmary to find out if you are eligible for reimbursement. Made possible by grants from the *Class of 1955* and *Central Congressional church*.

WELLNESS PROGRAMS

CHAIR YOGA : Thurs 8:30am- 9:30am, FREE. Whitney Willman provides Yoga instruction to older adults with a wide range of abilities. These classes are being sponsored by **Maplewood Care and Rehabilitation Center** who is committed to short term rehabilitation, getting you stronger and keeping you active and healthy.

EXERCISE CLASS: Mon 1:00pm, \$3 per class. Come and join YWCA instructors at the Amesbury Senior Community Center for fitness fun.!

LINE DANCING: Thurs 1pm, \$3 per class. Come and have some fun learning the steps with Geri Mullen.

ZUMBA: Thurs 10am, \$3 per class. A fitness program comprised of Columbian dance. Join Kerstin Olson from the

YWCA and fellow seniors for this new, fun form of exercise!

MEDITATION: Wed 10am Buddhist philosophy and practice, some yoga style warm up exercises, a few minutes of Qigong exercises, a breathing exercise, some chanting and Pure Land meditation. Exercises are very gentle and designed to relax the body. Sitting on chairs, lying down, or kneeling are all fine. Wear comfortable clothes. The Teacher: John Lalumiere has been teaching for several years and practicing meditation since the 80's when he met his first teacher.

Tia Chi: Fri 9:30am \$4 pp. Come and learn the art of Tia Chi with Pertra.

3B FITNESS: Wed 2pm : \$3 per class Balance, Bones and Brain)

What is it? It is a fun and high energy class developed to improve balance, increase bone density through strength training and improve cognition with trivia questions and brain games.

**LOOK FOR OUR
EVIDENCE-BASED
PROGRAMMING...**

**POWERFUL TOOLS
FOR CAREGIVERS,**

**CHRONIC DISEASE
SELF-MANAGEMENT**
Starting 2/8 @ 9:30AM

**DIABETES
WORKSHOP**
Starting 4/11 @ 2:30AM

**AGING MASTERY
PROGRAM (AMP!)**

CHECK OUT OUR
NEWSLETTER FOR
DATES AND TIMES!

Blood Drives are a regular occurrence.



FUN ,GAMES, ART AND MORE.....

ART CLASS: Come paint with Linda and enjoy! . Mondays 10:00 to 11:30. Fee \$5.00

BINGO: *Tues 12:15pm.* 50¢ per card. Located in the Senior Community Center Great Room.

BIRTHDAY PARTY: Third Thursday of every month . Lunch is \$2 pp unless it's your birthday month then it is FREE. Merrimack Valley Health Center offers FREE ice cream and a \$20 gift card raffle for birthday members, Entrainment at noontime!

BLANKETS 4 KIDS: Tues 10am: Help us make blankets for foster children. These blankets are being made by the tender loving hands of local residents .

BOOK CLUB: *Tues, 2nd of the month, 10am–11am.* Join the club to rediscover classics as well as popular new works. Books are provided and can be found in the Center.

BRIDGE: *Thurs 12:30pm.* A small and enthusiastic group - looking for new players. They will teach you how to play!

BUSY NEEDLES: *Tues 9:00am.* Wanted - Individuals who love to crochet, needle work or knit. Hand crafted items on display at the Senior Community Center lobby and available for purchase. Items include sweaters, hats, blankets, scarves etc. Proceeds help support the Center.

COFFEE W/THE CHIEF'S:

This event changes dates depending on officer availability, come on down and meet Officer Hanshaw , Fire Chief Ken B. , Police Chief Kevin O. and other from our fine departments. Ask questions about community safety, programs and initiatives.

MOVIE MONDAY: Noon time , COME WATCH A NEW RELEASE WITH

SOME FRIENDS OR A OLD TIME MOVIE.

TUESDAY STREAMING TV: We stream great TV shows at 2:30pm

THINKING OF YOU CARDS: Please tell us at the Senior Community Center when you, a family member or friend are sick or not feeling well so we can send a *thinking of you* card.

IRIS FOLDING: *Thurs 9:30am .* Make your own greeting cards by trying your creative hand at Iris Folding. \$3 fee per class. This is a detailed, independent activity with supervision. Contact Jeanne, the instructor.

WATERCOLOR PAINTING GROUP: *Wed 9:30am.* Painters of all abilities are invited to join.

Wii BOWLING: *Mon 9am.* Join other players in the Senior Community Center Game Room located on the 2nd floor. center.



We LOVE A GOOD Party or Event! Save the dates:

August 15th
COOKOUT

September 8th
Cultural Council Grant-
Pastel Paint Night!

September 23rd
Health Fair 10-1pm

December 8th
Christmas Luncheon
Holy Family Parish Hall



COMPUTER CLASSES: Are offered at various cycles in our computer lab. Call to see when the next session is running, we have desk tops, ipad and a tablet for you to learn on.

COMPUTER ROOM: Available to seniors *Mon thru Fri 8am– 4pm* & except when computer classes are being held or other trainings are utilizing the room.

Elder Mental Health Outreach Team (EMHOT)

The elder mobile mental health outreach team (EMHOT) is a completely free and confidential service funded by the MCOA and in partnership with the Pettengill House, Inc to residents of Amesbury, Salisbury, Newburyport,

Merrimac, West Newbury, and Groveland that are aged 60 and older. If you, or someone you know, are aged 60 or older and suffering with a mental health issue please call for a referral.

CONTACT:

Courtney Hutchinson, MCJ, LSW

978-388-8138 x 543

hutchinsonc@amesburyma.gov

We come to you!



Health

HEALTH NURSE:

Tues, 10:30am, 3xper month. Stop in to address questions related to your health

HEARING

CLINIC: *Tues, 2nd of the month.* Call 978-388-8138 to schedule an appointment.

PODIATRY

CLINIC: *Wed, 2nd of the month.* The fee is \$30.00/visit. Simply Foot Care, Catherine Languadoc, RN she also provide foot care *at home* for seniors for \$50.00/visit. Call to schedule an appointment.

PODIATRY/

FOOT CARE: Are you having Trouble paying for orthotics? Podiatry? Specialized shoes? You may be eligible for assistance through a grant funded by the Amesbury Health Care Trust. Maximum is \$150 per person. Please contact Doreen or Annmary for more information.

NUTRITION

BROWN BAG: *Tues, 1st of the month.* A FREE bag of food provided by Elder Services of the Merrimack Valley, contact the senior community center to find out if you are eligible.

HOME DELIVERED

FOOD: Weekly, in collaboration with ONT . If you are homebound please contact Doreen Brothers and find out if you are eligible for home delivered food.

MEALS ON WHEELS: *Mon-Fri, Lunch* available for homebound elders. Call Elder Services of Merrimack Valley at 1-800-892-0890 Ext 490 to make arrangements.

OUTREACH

YARDWORK/SNOW

SHOVELING: We have partnered with several organizations as well as have several people who have been listed as people you can pay. *For an updated list please call or stop by the senior center.*

OUTREACH/CASE MANAGEMENT:

Amesbury residents are eligible for social

MEAL SITE: *Mon-Fri, 11:20am,* Lunch is served at the senior community center. Suggested donation is \$2.00 per meal for persons 60 & older, or \$4.50 for under 60. Reservations are required and should be made 2 days in advance. Remember to call if you are unable to attend. Contact *Jennifer* , Meal site Manager, at 978-388-8138 ext. 549 between 9am and 11am.

OUR NEIGHBORS'

TABLE: *Wed, 4pm- 6pm.* Free nutritious meal at Main St. Congregational Church. The MVRTA transports people to these meals. The Food Pantry is open *Fri, 10:30am- 1pm and Sat 9:30am- 12pm*

services to address a variety of different care management. Please schedule an appointment with one of the staff/ interns.

PRESCRIPTION

ASSISTANCE: If you need help paying for prescriptions please contact Doreen or Annmary to find out if you are eligible for

SNAP: (Supplemental Nutrition Assistance Program) Helps those who are low-income buy the foods needed for good health, such as fruits, vegetables and whole grains. To sign up call the Senior Community Center to schedule an appointment with Doreen.

COMMUNITY

ACTION: Residents of Amesbury & Merrimac are eligible to use the FOOD PANTRY at Community Action in Amesbury located at 44 Friend Street.

PETTINGILL HOUSE

FOOD PANTRY
Tuesdays 9-2, 4-6p

reimbursement. Made possible by grants from the *Class of 1955* and *Central Congressional church.*

INTERNS: The COA partners with many different colleges and university, this allows for the development of new programs and the ability for more in-depth case management.



SUPPORT GROUPS AND SUPPORT SERVICES

LOW VISION

GROUP: 1st Thurs. of the month, 1pm– 3pm. This group provides an opportunity to learn about eye conditions, develop strategies for dealing with everyday challenges related to sight and support those experiencing similar challenges. If you have vision loss due to a diagnosed visual condition, consider joining us. Please contact Doreen for more information.

MEN'S GROUP: Fri 9am - 11am. Any area of concern can be discussed. Group members are caring & supportive. Confidentiality is maintained. Please contact the COA Director. Thank

you Andyman Bakery for the coffee and pastries.

GREENLEAF CAREGIVER SUPPORT GROUP:

Support Group held the last Thursday of each month at 2:00 PM.

Allows caregivers to come together for emotional, social and practical support. Free & Confidential. Call to sign up.

BEREAVEMENT GROUP: are scheduled at different times throughout the year and facilitated by Merrimack Valley Hospice. See the newsletter for more details.

OLDER BATTERED WOMEN'S GROUP:

A joint collaboration with **GLSS Katie Galeius, LICSW**. ESMV, Jeanne Geiger and the COA. Please contact Courtney at 781 586 8607 to find out more about this confidential group.

WOMEN'S SUPPORT GROUP:

This group is FREE and open to any older adult women seeking to create connections and gain the support of other older women who are aging gracefully.

Notary

Notary service is available at city hall in the clerks office.

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“Each person holds so much power within themselves that needs to be let out. Sometimes they just need a little nudge, a little direction, a little support, a little coaching, and the greatest things can happen.”

Pete Carroll

## **Changes**

Annmary Connor, Director is leaving September 1st, Doreen Brothers Assistant Director will serve as the Interim Director “I will greatly miss all of you, this is the best job I have ever had!”

## **VETERANS SERVICES**

Are you a veteran or the widow of a veteran? Have you ever served in the military? If so, you may be eligible for financial assistance and VA benefit programs. Please contact The Veteran Service Agent, at 978-388-8136 to see if you qualify.

### **Veterans Support Group**

The second and fourth Monday at 6:30pm. This is a peer group

Are you a veteran or the widow of a veteran? Have you ever served in the military? If so, you

may be eligible for financial assistance and VA benefit programs. Please contact The Veteran Service Agent, at 978-388-8136 to see if you qualify.

**Alzheimer's  
Association**

1 800 272 3900

**American Consumer  
Credit Counseling**

1-800-769-3571

**Community Action**

978-388-2570

M,T 9a-3p

The 11a-6p

**Elder Services of  
Merrimack Valley**

1-800-892-0890

Meals on Wheels Ext 490

**FUEL ASSISTANCE  
(Community Action –  
Haverhill office)**

978-373-1971

**Mass Save**

1-866-527-7283

**Merrimack Valley –  
North Shore Legal  
Services**

1-800-427-2521

**MVRTA**

978-469-6878

**Northeast  
Independent Living  
Center**

978-687-4288

1-800-845-6457

**Our Neighbors' Table**

978 388 1907

**Pettengil House**

978-463-8801

**IN-TOWN TRANSPORTATION**

FREE transportation is available to residents age 60 and older when traveling *within Amesbury*. The COA schedules for all in-town transportation. All requests must be made at least *2 business days in advance* and

callers must provide information such the address where you are going. In-town transportation is perfect for traveling to the senior center, shopping, etc... On Fridays at 1:30pm the bus takes you to

Market Basket in Newburyport. Rides are scheduled on the half hour/hour based on availability. If you are in need of a ride, please contact the Amesbury Senior Community Center.

**MERRIMACK VALLEY REGIONAL TRANSIT  
AUTHORITY (MVRTA):**

Offers EZ Trans – curb to curb wheelchair accessible, shared ride service for residents traveling outside of *A m e s b u r y*. Transportation is offered to: Andover, Amesbury, Haverhill, Lawrence, Merrimac, *M e t h u e n*,

Newburyport, North Andover and Salisbury. EZ Trans also offers ADA service to those who are disabled. Contact Doreen at 978-388-8138 to fill out an application or call *M V R T A* 978-469-6878 Office of Special Services (select

option 3 on the menu when prompted) to schedule a ride.

**NEET: NORTHERN ESSEX ELDER TRANSPORT**

NEET is available for out-of-town medical appointments. If you are not able to use MVRTA and have no one to take you to your medical appointment, please call *M a r y J o.*

@978-388-8138 and leave her a message. Please request a ride at least 2 working days before you're appointment. Contact Cathy Fairchild at NEET 978 388 7474 to become a driver. Be a

*NEET Volunteer!*



## **MVRTA: Medi-Ride**

The Merrimack Valley Regional Transit Authority (MVRTA) has a Medi-Ride transportation service for MVRTA Special Services customers to travel from the MVRTA service area to the Lahey Clinic in Peabody and to 14 hospitals in the City of Boston for access to their medical appointments. The service currently serves the greater Newburyport area (including Amesbury) on *Thursdays*. If your medical appointment is on a day other than Thursday, please call the Office of Special Services and they will do their best to accommodate you.

All medical appointments in Boston should be scheduled between the hours of 11:00 AM and 1:30 PM and all medical

appointments at Lahey Clinic in Peabody should be scheduled between the hours of 10:30 AM and 2:00 PM. The van will be departing Boston and Peabody no later than 3:30 PM. The rate of fare for all MVRTA Special Services eligible individuals will be \$8.00 cash one-way or \$16.00 cash round-trip. Any customer may have one companion accompany them for a fare of \$4.00, on a space-available basis.

MVRTA Special Services customers may make a reservation for this service by calling the MVRTA Office of Special Services at telephone (978) 469-6878, "Option 3". Reservations may be made no more than 14 days in advance of the date of service, but at least one week (seven days) prior to the day of the trip.

## **PT I:** **Mass Health** **Medical** **Transportation**

If you are on standard Mass Health you may be eligible for medical transportation to your physician appointments for FREE. Contact your Primary Care Doctor to sign up for this, this includes trips to Boston. If you want more information please contact Annmary or Doreen at the Senior Community Center.



## **VOLUNTEERS NEEDED!**

**The COA is looking for volunteers to assist in a variety of ways: greeting, reception, friendly home visiting, telephone reassurance, and home food delivery. We can not succeed without your help! Contact Doreen Brothers, LSW at 978-388-8138 for more information or to make an appointment.**

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SENIOR/ VETERAN TAX WORK OFF

You may be able to earn up to \$1,000 off your property taxes by volunteering in a City department for 100 hours from January to October. Positions and hours vary. See Annmary for more information or download the forms off our web page.

INTERGENERATIONAL PROGRAMMING

Everyone benefits from intergenerational programming. It keeps seniors involved in the community and also keeps them active and engaged which helps maintain physical and mental health. At the same time, youth are

exposed to positive role models, which enhances communication and decision making skills. We ask that you join us throughout the year in foster our youth and teaching them character building. Join us in one

of our many programs. Some of our joint programs:

- Who's coming to lunch
- When I was a Kid
- Raking



GREENLEAF CAREGIVER SUPPORT

Greenleaf Caregiver Support. This program is **FREE to all** and provides fun, recreational and social activities to anyone who has an interest.

The purpose for caregiver support is to provide caregivers with the resources needed to manage the stress associated with caring for a loved one

All Greenleaf Caregiver Support Events are now open to the public!

WHAT DOES GREENLEAF CAREGIVER SUPPORT OFFER?

- Case Management
- Caregiver Support Groups (4th Thurs)
- Tele Check-In Program
- Friendly Visitor Program
- After Greenleaf
- Entertainment

Please R.S.V.P. to all GL events!
(978) 388-8138.

FOR MORE INFORMATION

Please call
Katrina Rioux
978-388-8138 x545

OR

Vanessa Kahrman
978-388-8138 x544

Our elegant Dinners events are Monthly on a Monday. Entertainment typically starts at 4:30pm and normally Dinner starts at 5:30.

~~~~~  
We are always seeking volunteers to aid us in many different ways

~~~~~  
Want to help? We are always looking for people to support the Friends of the COA– they are the financial support tot the COA. Did you know that the FCOA pays for all programing at the COA and helps to get sponsors to help for all our events?

Meetings

COA board:
Second Thursday of the month at 4:30pm

FCOA : Third Thursday of the month at 3pm

GREENLEAF SUPPORTIVE DAY PROGRAM

The Greenleaf Supportive/Social Day Program offers each participant socialization and meaningful recreational activities as well as supervision, nutrition and support services in a community-based setting.

RESPIRE FOR YOUR FAMILY TREE !

The program is designed to allow participants to continue living in their homes as independently and as long as possible. Greenleaf will also provide each caregiver with the respite needed to continue working, attend support programming, care for their family and attend to their own well being.



Supportive Day
Mon-Fri 9m-3pm.
Private pay cost is \$37/day

Greenleaf is contracted with Elder Services of the Merrimack Valley.

Payment options are available if you are a client of ESMV or are eligible for Masshealth.

Call for Greenleaf coordination staff for funding options.*

FOR MORE INFORMATION

Please call or Email
Vanessa Kahrman
978-388-8138 x544

kahrmanv@amesburyma.gov



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Amesbury Council on Aging

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